WHAT IS CLAIMED IS

1 1. A magnetic recording medium 2 comprising:

a first magnetic layer having a coercivity Hc1; a second magnetic layer having a coercivity Hc2: and

a non-magnetic coupling layer provided between the first and second magnetic layers so that the first and second magnetic layers are exchangecoupled and magnetizations of the first and second magnetic layers are antiparallel;

said first magnetic layer having an exchange coupling field Hex1 that is larger than both said coercivity Hc1 and said coercivity Hc2.

- 2. The magnetic recording medium as claimed in claim 1, wherein a switching field Hsw* which switches the magnetization of said first magnetic layer to become parallel to the magnetization of said second magnetic layer is set to the sum of said exchange coupling field Hex1 and said coercivity Hc1.
- 3. The magnetic recording medium as claimed in claim 1, wherein a magnetization and thickness product t1Ms1 of said first magnetic layer is smaller than a magnetization and thickness product t2Ms2 of said second magnetic layer, where t1 denotes a thickness of said first magnetic layer, Ms1 denotes a magnetization of said first magnetic layer, t2 denotes a thickness of said second magnetic layer, and Ms2 denotes a magnetization of said second magnetic layer.

1 4. The magnetic recording medium as 2 claimed in claim 1, wherein said coercivity Hc1 is 3 smaller than said coercivity Hc2.

1

2

3

4

5

6

7

8

1

2

3

4

5

1

2

3

4

5

6

7

8

5. The magnetic recording medium as claimed in claim 1, further comprising:

a coupling intensifying region, provided near a boundary of said first magnetic layer and said non-magnetic coupling layer, wherein said coupling intensifying region intensifies an exchange coupling strength between said first magnetic layer and said second magnetic layer.

- 6. The magnetic recording medium as claimed in claim 5, wherein said coupling intensifying region is made of a material selected from a group consisting of Fe, Co, Ni and alloys thereof.
- 7. The magnetic recording medium as claimed in claim 1, further comprising:

a coupling intensifying region, provided near a boundary of said second magnetic layer and said non-magnetic coupling layer, wherein said coupling intensifying region intensifies an exchange coupling strength between said first magnetic layer and said second magnetic layer.

1 8. The magnetic recording medium 2 wherein said claimed in claim 7, coupling 3 intensifying region is made of a material selected from a group consisting of Fe, Co, Ni and alloys 5 thereof.

9. The magnetic recording medium as claimed in claim 1, further comprising:

5

a first coupling intensifying region, provided near a boundary of said first magnetic layer and said non-magnetic coupling layer, wherein said first coupling intensifying region intensifies an exchange coupling strength between said first magnetic layer and said second magnetic layer; and

a second coupling intensifying region, provided near a boundary of said second magnetic layer and said non-magnetic coupling layer, wherein said second coupling intensifying region intensifies the exchange coupling strength between said first magnetic layer and said second magnetic layer.

10. The magnetic recording medium as claimed in claim 9, wherein at least one of said first coupling intensifying region and said second coupling intensifying region is made of a material selected from a group consisting of Fe, Co, Ni and alloys thereof.

11. The magnetic recording medium as claimed in claim 1, which is formed as a patterned medium, and wherein said first magnetic layer, said non-magnetic coupling layer and said second magnetic layer are stacked within each of a plurality of unit recording portions of the patterned medium.

12. A patterned medium comprising:

a recording surface; and

a plurality of unit recording portions, provided on said recording surface, having boundaries which are separated from adjacent unit recording portions,

each of said plurality of unit recording portions having a stacked structure comprising:

9 a first magnetic layer having a coercivity 10 Hc1: 11 a second magnetic layer having а 12 coercivity Hc1; and 13 non-magnetic coupling layer 14 between said first magnetic layer and said second 15 magnetic layer so that said first and second 16 magnetic exchange-coupled layers are and 17 magnetizations of said first and second magnetic 18 layers are antiparallel; 19 said first magnetic layer having 20 exchange coupling field Hexl which is larger than 21 both said coercivity Hc1 and said coercivity Hc2. 1 13. The patterned medium as claimed in 2 claim 12, further comprising: 3 a coupling intensifying region, provided near a 4 boundary of said non-magnetic coupling layer and at 5 least one of said first and second magnetic layers, 6 wherein said coupling intensifying 7 intensifies an exchange coupling strength between 8 said first magnetic layer and said second magnetic 9 layer. 1 14. Α magnetic storage apparatus 2 comprising: 3 at least one magnetic recording medium; and 4 at least one head adapted to apply a field to 5 the magnetic recording medium; 6 said magnetic recording medium including: 7 a first magnetic layer having a coercivity 8 Hc1; 9 а second magnetic layer having 10 coercivity Hc2; and 11 non-magnetic coupling layer provided 12 between said first magnetic layer and said second

said first

exchange-coupled

and

second -

and

that

are

13

14

magnetic

magnetic

layer so

layers

15 magnetizations of said first and second magnetic 16 layers are antiparallel,

said first magnetic layer having an exchange coupling field Hexl which is larger than both said coercivity Hcl and said coercivity Hc2.

15. The magnetic storage apparatus as claimed in claim 14, wherein the field from said head is larger than said coercivity Hc2 and smaller than a switching field Hsw* which switches the magnetization of said first magnetic layer to become parallel to the magnetization of said second magnetic layer.

16. The magnetic storage apparatus as claimed in claim 15, wherein said switching field Hsw* is set to a sum of the exchange coupling field Hexl and said coercivity Hcl.

17. A magnetic storage apparatus comprising:

at least one magnetic recording medium; and at least one head adapted to apply a field to the magnetic recording medium;

said magnetic recording medium including:

a first magnetic layer;

a second magnetic layer; and

a non-magnetic coupling layer provided between said first magnetic layer and said second magnetic layer so that said first and second magnetic layers are exchange coupled;

wherein, during a recording process, the magnetic field applied to the recording medium is limited to a range such that magnetizations of said first magnetic layer and said second magnetic layer are maintained in either a first antiparallel state or a second antiparallel state, without entering into a parallel state, whereby in said second

antiparallel state the magnetizations of said first magnetic layer and said second magnetic layer are reversed, but still antiparallel, relative to the magnetizations in said first antiparallel state.

9 .

18. The magnetic storage apparatus as claimed in claim 17 further comprising:

a coupling intensifying region, provided near a boundary of said non-magnetic coupling layer and at least one of said first and second magnetic layers, wherein said coupling intensifying region intensifies an exchange coupling strength between said first magnetic layer and said second magnetic layer.

19. The magnetic storage apparatus as claimed in claim 17, further comprising:

a first coupling intensifying region, provided near a boundary of said first magnetic layer and said non-magnetic coupling layer, wherein said first coupling intensifying region intensifies an exchange coupling strength between said first magnetic layer and said second magnetic layer; and

a second coupling intensifying region, provided near a boundary of said second magnetic layer and said non-magnetic coupling layer, wherein said second coupling intensifying region intensifies the exchange coupling strength between said first magnetic layer and said second magnetic layer.

20. The magnetic storage apparatus as claimed in claim 18, wherein the coupling intensifying region includes a material dispersed within a boundary portion of at least one of said first and second magnetic layers.

1 21. The magnetic recording medium as 2 claimed in claim 5, wherein the coupling 3 intensifying region includes a material dispersed 4 within a boundary portion of at least one of said 5 first and second magnetic layers.